HOCKEY

History: Nothing can be said about definite origin of Hockey European countries used to play many games which were related to hockey

There were different names of hockey Modern Hockey was originated in England. British Hockey association was formed in 1875. England and Ireland were first two countries, who played their first hockey match in 1894.

The game of hockey was introduced first time in Olympics in 1908. Hockey was again introduced in 1920 in Olympics. Due to increasing popularity, International Hockey Federation was formed in 1924. So, again hockey was included in 1928 Olympic Games, held in Amsterdam

The Indian hockey team took part in 1928 Olympics
MAIN TIPS AT A GLANCE

FUNDAMENTAL SKILLS

1. Holding of stick	6. Passing and Inter passing
2. Stroke (a) Push (b) Flick (0) Straight Flick (ii) Reverse Flick (in) Flick on the wrong foot (c) Scoop	7. Corner 8. Penalty Comer 9. Push-in 10. Penalty stroke 11 Goal Keeping 12. Shooting 13. Dodging 14. Hitting (i) Reverse hitting

	(ii) Hitting on the wrong foot
3. Stopping the ball	15 Carrying
4 Dribbling	
5. Tackling (a) Front tackle (b) Side tackle (c) Wrong side tackle	

Important Tournaments and Venues

Tournaments

1. World Cup

2. Champions Trophy

3. World Cup (Women)

4. Ranga Swami Cup (Women)

5. Indira Gold Cup

Alps Cup

7 Federation Cup (Women)

B. Asia Cup

9. Beighton Cup

10. Dhyan Chand Trophy

11 Agha Kian Cup

12. Azlan Shah Cup

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GENERAL QUESTIONS AND ANSWERS ABOUT HOCKEY FOR VIVA

Q1 What is the duration of hockey match?

Ans. The duration of match is 35-5-35 minutes

Q2. At what time the rule of tie-breaker is applied?

Ans. If a match remains tied then extra time of 15-2-15 minutes is given If still in the same, the tie-breaker rule is applied.

Q3. What is rolling substitution?

Ans. It means that any number of players can be substituted at any time except in tie-broskes situation.

Q. 4. Is there any offaide rule in hockey?

Am. No, nowaday's there is no offside rule in hockey

Q5 what should be the wright of hockey ball?

Ans. The weight of the ball should not be more than 163 gm and not less 156 gm.

Q6. What should be the weight of the hockey stick?

Ans. The weight of the hockey stick should not be more than 28 ounces

Q7. What is the required height of flags of the comers?

Ans. Four feet high

Q8. What is the length, depth and height of goal?

6ns. Length 3.65 m, depth 1.39 m and height-2.43 m.

Q9. What should be the thickness of a hockey stick?

Ans. A hockey stick should be of such a thickness so that it may pass through a 2 niches diameter ring

Q10. A hockey team consists of how many players?

Ans. A hockey team consists of sixteen players. Out of sixteen members, 11 are termed a splaying members and the remaining five are termed as extra.

Q11 How many umpires supervise the hockey game?

Ans. Two umpires supervise the hockey game

Q12. Can a goal be scored from the outside of striking circle?

Ans. Yes, a goal can be scored from the outside of striking circle but from inside the dotted circle

13. If the bail is sent over the goal line by the attacking team without scoring a goal, then from which point the free hit will be taken by the defending team?

Ans. The free hit will be awarded to the defending team at a distance of 16 yards from the goal line, opposite the place from where the ball crossed the goal line.

Q14. What will be the decision of the umpire, if a defender sends the ball over the goal line intentionally?

Ans. A penalty comer will be awarded to the opposing team by the umpire.

it will be a foul Am No. a players the ball with a rick raised above the shoulder high it is

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016. In which condition the penalty stroke is awarded?

Ans. The penalty spoke is awarded only when a mare youl is intended to be saved illegally

017 What is the distance of penalty stroke point from the mid of goal line?

Ans. At a distance of 7 yards,

QI B. Can a yellow card be shown to the extrs players, if they shout from outside?

Ans. Yes, the yellow card can be shown to them.

019 Where do the other players of both the teams (except the striker and goalkeeper) stand st the time of penalty stroke?

Ans. All the other players of both the teams stand beyond the 25 yards line at the time of penalty, stroke

Q20. Which formation is best for playing a defensive game?

Ans. 4-3-3 formation is best for playing a defensive game

Q21. In which Olympics, did the Indian Hockey Team (men) participate for the first time?

Ans. Indian Hockey team (men)participated for the first time in 1928 Olympics.

Q22. When was the first Asian Hockey Championship held?

Ans. The first Asian Hockey Championship was held in 1968

Q23. In which Olympics, hockey was included for the first time in Olympic Games?

Ans. Hockey, for the first time was included Olympic Games in 1908 Olympics.

Q24. What are the basic skills of hockey?

Ans. Holding of stick, dribbling, hitting, pushing, scooping, penalty corner, penalty-stroke, etc.

Q25. Can a goalkeeper be changed at the time of penalty corner and stroke?

Ans. No, a goalkeeper cannot be changed at the time of penalty comer and stroke unless he gets injured or incapacitated.

Q26. In which Olympics did the Indian Hockey Team (women) participate for the first time?

Ans. Indian Hockey Team (women) participated first time in Moscow Olympics in 1980

Q27. Can a substituted player be re-substituted in the same match?

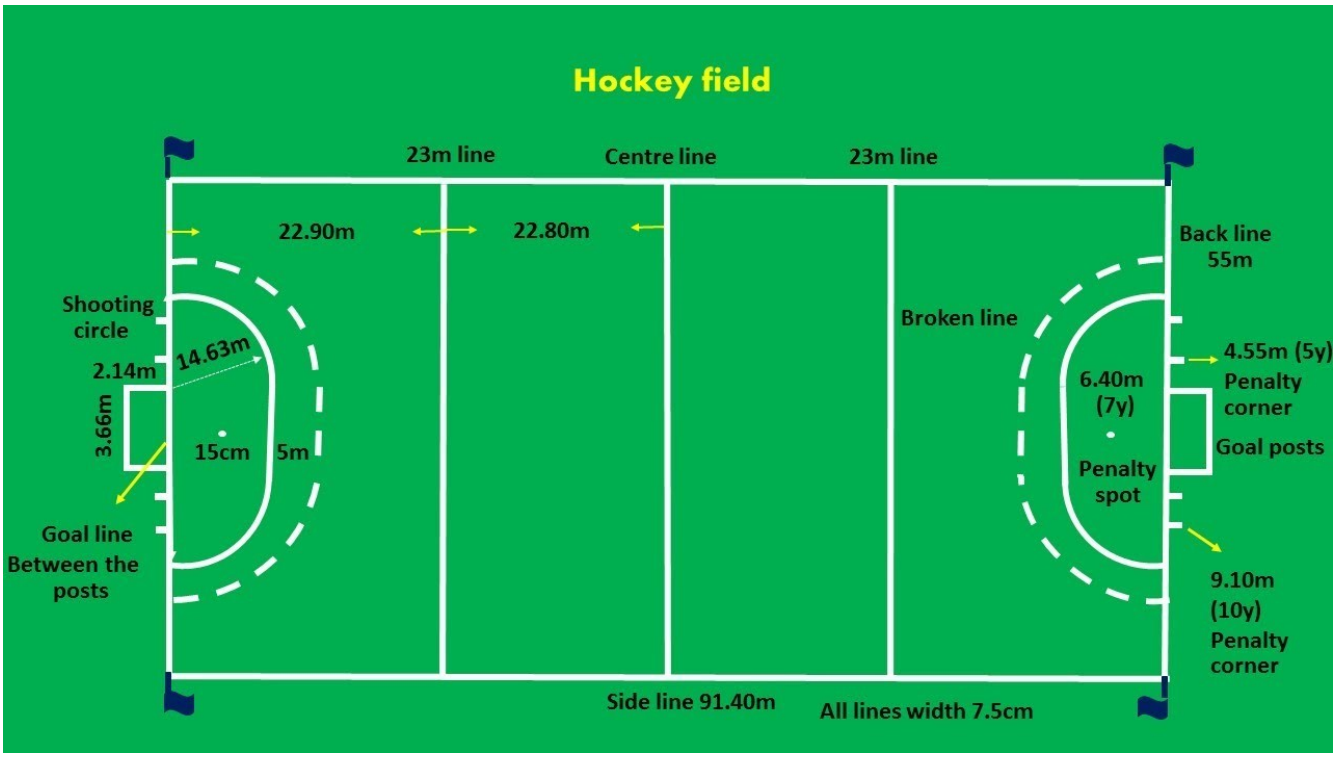
Ans. No, any substituted player cannot be re-substituted in the same game.

Q28. If a green or yellow card is shown to a player then for how much duration he can be kept out of the play field?

Ans. He can be kept out or under suspension for only 5 minutes.

Q29. If a red card is shown to a player will he be kept out for complete match?

Ans. Yes, he will be kept out for the complete match.


Hockey field
23m line
Centre line
23m line
22.90m
22.80m
Back line
55m
Shooting
circle
14.63m
2.14m
3.66m
15cm
5m
Broken line
4.55m (5y)
Penalty
corner
6.40m
(7y)
Goal posts
Penalty
spot
Goal line
Between the
posts
9.10m
(10y)
Penalty
corner
Side line 91.40m
All lines width 7.5cm